



**Sign up to the Machame, Rongai or Lemosho Route from £399!**

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## SUMMIT KILIMANJARO - CONTENTS:

Climbing Kilimanjaro is a once in a lifetime experience and so you need to be sure you have the best people in the business taking you there. We offer all inclusive packages with no hidden costs, a specialist expedition team to get you to the summit safely including a UK doctor, charity fundraising options, pre-trip support and even a kit rental service to keep your costs down.

Whether you want to camp on the mountain or would prefer to stay in huts, if you don't have much time or would like a more relaxed pace, however you want to climb Kilimanjaro there is a route for everyone. You can join one of our many scheduled group climbs throughout the year or we can tailor a bespoke trip just for your group. So what are you waiting for? Start your journey to the top of Africa with Action Challenge today!

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*Please contact us for details of our 'bespoke' trips on all 8 official routes up Kilimanjaro if you have your own group of friends or colleagues who are up for a challenge. Any special arrangements can be organised!*

# THE MACHAME ROUTE

*The beautiful Machame Route approaches Kilimanjaro from the south, and the 6 day trek starts through dense tropical rainforest, and passes through some of the mountains best features – the Shira Plateau, Barranco Wall, and Karanga Valley on the way to the summit. This is a tough but spectacularly rewarding route with stunning views with a good acclimatisation feature on day 5.*

## DAY 1 DEPARTURE FROM THE UK

## DAY 2 MOSHI

On arrival we are transferred to our hotel near the town of Moshi, where there is a welcome meal and a briefing on the challenge ahead.

## DAY 3 MACHAME CAMP 3000m 5-6 HRS TREKKING

After a good breakfast we make the ½ hr road transfer to Machame Gate and start trekking through the lush vegetation of the rainforest. In the afternoon we reach the camp, enjoy dinner and settle down to our first night under canvas.

## DAY 4 SHIRA CAMP 3840m 6-7 HRS TREKKING

Our route takes us through ever changing scenery as there is a steep ascent up through heather and moorland to the Shira Plateau. We continue across the plateau to our camp for the evening to relax and enjoy the fabulous views.

## DAY 5 BARRANCO CAMP 3950m 6-7 HRS TREKKING

Trekking east across beautiful barren moonlike landscape, reaching the Lava Tower, with a stop for lunch, then descend through the surrounding ravines to our camp by late afternoon. The descent aids the acclimatisation process and allows our bodies to adjust to the ever changing altitude.

## DAY 6 BARAFU CAMP 4600m 6-7 HRS TREKKING

Leaving camp early for a short climb and scramble over the volcanic rock to the Barranco Wall. From here we have fantastic views over to Barafu. For the rest of the day we make the steady climb to our camp positioned on a ridge overlooking the south east valley.

## DAY 7 SUMMIT DAY 5895m 12-13 HRS TREKKING

Awaking just after midnight, climbing for about 6 hours, the steepest and most demanding part of the route by torchlight, to reach Stella Point at the crater rim. Then our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. The morning sunlight gives us spectacular views across the plains below and of Mt Meru in the distance. A tough descent to Barafu camp, a stop for breakfast, before continuing on to Millennium Camp.

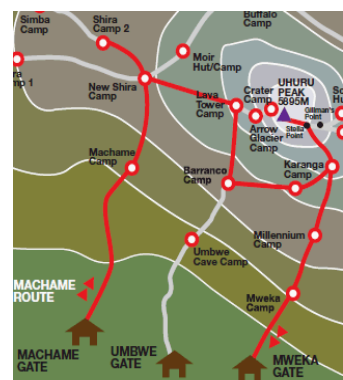
## DAY 8 MOSHI 5-6 HRS TREKKING

After breakfast continuing the descent back through the rainforest to the Mweka Gate. A short transfer by bus takes us to Moshi, where we have the afternoon free before celebrating our fantastic achievement with a celebratory dinner

## DAY 9 A FREE DAY IN MOSHI

Today there is a free day before boarding the overnight flight back to the UK in the evening.

## DAY 10 ARRIVE HOME IN UK



Note: some departures may transfer from Nairobi by road depending on flight availability and hotels may be in Arusha.

# FAQs – MACHAME ROUTE

## WHEN CAN I GO IN 2012?

(Trips depart from London (LHR), unless otherwise stated).

13-22 Jan	23 Aug-01 Sept
24 Feb-04 Mar	06-15 Sept
15-24 Mar	13-22 Sept
07-16 Jun	04-13 Oct
05-14 Jul (LHR & DUBLIN)	18-27 Oct (LHR & DUBLIN)
02-11 Aug (LHR & DUBLIN)	26 Dec-04 Jan <b>NEW YEAR</b>

## WHEN CAN I GO IN 2013?

(Trips depart from London (LHR), unless otherwise stated).

11-20 Jan	13-22 Sept (LHR & DUBLIN)
08-17 Feb (LHR & DUBLIN)	27 Sept-05 Oct
08-17 Mar	11-20 Oct (LHR & DUBLIN)
07-16 Jun (LHR & DUBLIN)	25 Oct-03 Nov
05-14 Jul	26 Dec-04 Jan <b>NEW YEAR</b>
23 Aug-01 Sept	

## HOW MUCH WILL IT COST ME IN 2012?

- The initial registration fee is £399 which can be paid by cheque or bank transfer, and should accompany your registration form.  
(Reg. fee is £499 New Year)
- Choose from one of the following **three** payment options:

### Option 1: Self Funding

Pay a further £1800 10 weeks before you go to cover all event costs (separate to the £399 already paid) - total cost is £2199. If you wish you can also fundraise for a charity of your choice and arrange this yourself.

### Option 2: Minimum Sponsorship

Fundraise a minimum of £3600 for your chosen charity (separate to the £399 already paid).

### Option 3: Mixed Funding

Pay a further £700 before you go (separate to the £399 already paid) to cover some of your event costs, and then fundraise a minimum of £2450 for your chosen charity.

## HOW MUCH WILL IT COST ME IN 2013?

- The initial registration fee is £399 which can be paid online, by cheque or bank transfer, and should accompany your registration form.  
(Reg. fee is £449 for New Year)
- Choose from one of the following **three** payment options:

### Option 1: Self Funding

Pay a further £1800 10 weeks before you go to cover all event costs (separate to the £399 already paid) - total cost is £2199. If you wish you can also fundraise for a charity of your choice and arrange this yourself.

### Option 2: Minimum Sponsorship

Fundraise a minimum of £3600 for your chosen charity (separate to the £399 already paid).

### Option 3: Mixed Funding

Pay a further £700 before you go (separate to the £399 already paid) to cover some of your event costs, and then fundraise a minimum of £2600 for your chosen charity.

## WHAT IS MINIMUM SPONSORSHIP?

You choose a charity and we agree the formalities with them. They will help with your fundraising plans. Your minimum sponsorship target of £3600 covers the final balance cost of your challenge and a donation that is at least equal (or greater) to the final balance cost of your challenge.

All fundraising must be sent directly to your charity - setting up a web donation page is the best way of doing this. They will require at least 80% of the minimum sponsorship 10 weeks prior to departure and the remaining 20% before you go.

## WHAT IS MIXED FUNDING?

You contribute more towards the cost of the event yourself £700 - due 10 weeks prior to departure, and then also choose a charity to fundraise for. We agree the details with them, and they will help with your fundraising plans. Your minimum sponsorship target of £2450 (£2600 in 2013) covers:

> balance of the event cost for your place

> £1350 (£1500 in 2013) minimum donation to your charity

Payment of sponsorship monies to your charity is as described above within the 'Minimum Sponsorship'.

## WHAT IS INCLUDED IN THE COST?

International flights incl. all known airport and government taxes, plus \*fuel surcharge up to 5% of the overall event cost, transfers, accommodation, National Park fees, Action Challenge Leader, full medical support, experienced guides and porters for personal equipment and camping gear, all meals except in your free time at the end of the challenge. Nutritious meals will be provided for you in the hotels and at camp, with a hot cooked lunch on trekking days, and at least 3 litres of drinking water each day.

## WHAT IS NOT INCLUDED?

Visas and personal travel insurance (which should cover trekking up to 6000m, medical repatriation and curtailment). Drinks, personal items and tips for Tanzanian local support staff (guides and porters).

\*Action Challenge is committed to covering the cost of the final published fuel surcharge relating to this trip up to a level that represents 5% of the total trip price, and only pass on any additional cost above this figure to our customers at the time of final balance invoicing. This is applicable to individuals on all payment options including self-funding, minimum-sponsorship, and mixed-funding.

## WHERE WILL I SLEEP?

Accommodation will be in good quality tents whilst you are trekking on the mountain, and in a 3 or 4 star hotel whilst you are in Moshi, on a twin share basis.

## CAN I STAY ON AFTER MY CHALLENGE?

We have a number of extension options available, including 5 day safaris to watch the mass migration in the Serengeti National Park, 3 day safaris to the Ngorongoro Crater and a relaxing beach break package in Zanzibar. Please call our office or refer to the website for full details.

# THE RONGAI ROUTE

*The only route that approaches from the north, starting close to the Kenyan border. This is a quieter route than most and perhaps the most manageable, as the 7 day trek has a full acclimatisation day built in. It's more scenic than the popular Marangu Route that joins up with the Rongai Route towards the summit, and there's a good chance of seeing a wide variety of wildlife on the lower slopes. It's ideal for those who want to make things just a little bit easier on the way to the summit!*

## DAY 1 DEPARTURE FROM THE UK

## DAY 2 MOSHI

On arrival there is a transfer to the hotel near the town of Moshi, where we enjoy a welcome meal and a briefing on the challenge ahead.

## DAY 3 SIMBA CAMP 2668m 4 HRS TREKKING

After breakfast we transfer to Nalemoru Gate and start our trek at 1950m, through farm land and forest where we should spot some wildlife before eventually reaching camp just under 2700m. After dinner we settle for our first night under canvass.

## DAY 4 KIKELEWA CAMP 3679m 6-7 HRS TREKKING

The route ascends through heather and moorland to the jagged peak of Mawenzi. We stop for lunch at Second Cave Camp, before turning South East for fantastic views of the Mawenzi, Kibo. Camp tonight is just below the Mawenzi Saddle.

## DAY 5 MAWENZI TARN CAMP 4330m 4-5 HRS TREKKING

We start early towards Mawenzi Tarn which sits in a bowl, next to a lake, protected by the ridges and spires of Mawenzi. An afternoon walk allows time to explore and get used to the altitude, before an early dinner.

## DAY 6 ACCLIMITISATION DAY 4440m 3-4 HRS TREKKING

After a later than usual breakfast we have a more relaxed day of walking to acclimatise and trek up to Mawenzi ridge at 4440m. After lunch the afternoon is spent in camp relaxing with stunning views over the Kenyan plains in the distance.

## DAY 7 KIBO CAMP 4700m 5-6 HRS TREKKING

We head across the desert style landscape between Mwenzi and Kibo, and reach our campsite at the base of the mighty Kibo. In the afternoon it's time to rest and eat before the final push to the summit later this night!

## DAY 8 SUMMIT DAY 5895m 12-14 HRS TREKKING

Around midnight we have a tough climb by torchlight to Gilman's Point at the crater rim before making our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. After admiring the views and taking photos, we descend stopping at our camp for breakfast, and then continue down to Horombo at 3700m.

## DAY 9 MOSHI 5-6 HRS TREKKING

After a good night's sleep we continue our descent off the mountain to the Marangu Gate. A short transfer by bus takes us to Moshi, where we have the afternoon free before celebrating our fantastic achievement with a celebratory dinner.

## DAY 10 A FREE DAY IN MOSHI

Today we enjoy a free day before boarding our overnight flight back to the UK in the evening.

## DAY 11 ARRIVE HOME IN UK

Note: some departures may transfer from Nairobi by road depending on flight availability and hotels maybe in Arusha.



# FAQs - RONGAI 2012 & 2013

## WHEN CAN I GO IN 2012?

(Trips depart from London (LHR), unless otherwise stated).

16-26 Feb	05-15 July
15-25 Mar (LHR & Dublin)	20-30 Sept (LHR & Dublin)
14-24 Jun	11-21 Oct

## WHEN CAN I GO IN 2013?

(Trips depart from London (LHR), unless otherwise stated).

17-27 Jan	11-21 Jul (LHR & DUBLIN)
14-24 Feb	19-29 Sep
14-24 Mar (LHR & DUBLIN)	17-27 Oct (LHR & DUBLIN)
13-23 Jun	

## HOW MUCH WILL IT COST ME IN 2012?

1. The initial registration fee is £399 which can be paid by cheque or bank transfer, and should accompany your registration form.
2. Choose from one of the following **three** payment options:

### Option 1: Self Funding

Pay a further £1900 10 weeks before you go to cover all of your event costs (separate to the £399 already paid) – total cost is £2299. If you wish you can also fundraise for a charity of your choice and arrange this yourself.

### Option 2: Minimum Sponsorship

Fundraise a minimum of £3800 for your chosen charity (separate to the £399 already paid).

### Option 3: Mixed Funding

Pay a further £750 (separate to the £399 already paid) to cover some of your event costs, and then fundraise a minimum of £2550 for your chosen charity.

## HOW MUCH WILL IT COST ME IN 2013?

1. The initial registration fee is £449 which can be paid by cheque or bank transfer, and should accompany your registration form.
2. Choose from one of the following **three** payment options:

### Option 1: Self Funding

Pay a further £1900 10 weeks before you go to cover all of your event costs (separate to the £449 already paid) – total cost is £2349. If you wish you can also fundraise for a charity of your choice and arrange this yourself.

### Option 2: Minimum Sponsorship

Fundraise a minimum of £3800 for your chosen charity (separate to the £449 already paid).

### Option 3: Mixed Funding

Pay a further £750 (separate to the £449 already paid) to cover some of your event costs, and then fundraise a minimum of £2800 for your chosen charity.

## WHAT IS MINIMUM SPONSORSHIP?

You choose a charity and we agree all the formalities with them. They will help with your fundraising plans. Your minimum sponsorship target covers:

- > balance of the event cost for your place
- > £1900 minimum donation to your charity

All fundraising must be sent directly to your charity - setting up a web donation page is the best way of doing this. They will require at least 80% of the minimum sponsorship 10 weeks prior to departure and the remaining 20% before you go.

## WHAT IS MIXED FUNDING?

You contribute a further £750 towards the cost of your place on the event (due 10 weeks prior to departure), and then also choose a charity to fundraise for. We agree the details with them, and they will help with your fundraising plans. Your minimum sponsorship target of £2550 (£2800 in 2013) covers:

- > Balance of the event cost for your place
- > £1400 (£1650 in 2013) minimum donation to your charity

Payment of sponsorship monies to your charity is as described within the 'Minimum Sponsorship' option opposite.

## WHAT IS INCLUDED IN THE COST?

International flights incl. all known airport and government taxes, plus \*fuel surcharge up to 5% of the overall event cost transfers, accommodation, National Park fees, Action Challenge Leader, full medical support, experienced guides and porters for personal equipment and camping gear, all meals except in your free time at the end of the challenge. Nutritious meals will be provided for you in the hotels and at camp, with a hot cooked lunch on trekking days, and at least 3 litres of drinking water each day.

## WHAT IS NOT INCLUDED?

Visas and personal travel insurance (which should cover trekking up to 6000m, medical repatriation and curtailment). Drinks, personal items and tips for Tanzanian local support staff (guides and porters).

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## WHERE WILL I SLEEP?

Accommodation will be in good quality tents whilst you are trekking on the mountain, and in a 3 or 4 star hotel whilst you are in Moshi, on a twin share basis.

## CAN I STAY ON AFTER MY CHALLENGE?

Yes of course! We have a number of exciting extension options available, including 5 day safaris to watch the mass migration in the Serengeti National Park and 3 day safaris to the Ngorongoro Crater. Please call our office or refer to the website for full details.

# THE LEMOSHO ROUTE

*The Lemosho Route has only recently opened up to trekkers wishing to tackle Kilimanjaro from the western Lemosho glades. Following in the footsteps of the celebrity Comic Relief trekkers the route starts in the pristine rainforest before crossing the vast Shira plateau, and merging into the Machame Route. However this itinerary includes a shorter days trek prior to the summit day which ensures you more rest, and allows for more time to acclimatise— giving you the best chance of making it to the top!*

## DAY 1 DEPARTURE FROM THE UK

## DAY 2 MOSHI

On arrival we transfer to our hotel near the town of Moshi, where we enjoy a welcome meal and a briefing on the challenge ahead.

## DAY 3 MTI MKUBWA 2780m 3-5 HRS TREKKING

After breakfast we transfer to the west of the park at 1,981m and begin trekking along a pristine route through the Lemosho Glades. Eventually we reach our camp at Mti Mkubwa (Big Tree Camp).

## DAY 4 SHIRA CAMP 3505m 9 – 11 HRS TREKKING

This morning we begin our first full day trekking, where we will gain over 700m in height. A slow and steady ascent allows for our bodies to acclimatise to the higher altitude as we cross the Shira plateau. Tonight we camp at Shira I.

## DAY 5 BARRANCO CAMP 3972m 6-7 HRS TREKKING

Trekking east across beautiful barren moonlike landscape we reach Lava Tower for lunch. We then descend through the surrounding ravines to reach our camp late in the afternoon. This descent aids our acclimatisation to the ever changing altitude.

## DAY 6 KARANGA VALLEY 4002m 5-6 HRS TREKKING

Today we climb the Barranco Wall, where at the top we are rewarded with fantastic views of Mt. Meru and the surrounding valleys below. We then head onwards to Karanga Camp where we enjoy an afternoon walk followed by an early night!

## DAY 7 BARAFU CAMP 4600m 5-6 HRS TREKKING

Today we have a tough ascent to Barafu Camp and after arriving we continue with an acclimatisation walk to get our bodies used to the altitude. After an early dinner we rest as much as possible before waking at midnight to begin the ascent to the summit.

## DAY 8 SUMMIT DAY 5895m 12-14 HRS TREKKING

By torchlight we have a tough climb for about 6 hours to reach Stella Point at the crater rim before our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. The morning sunlight provides spectacular views across the plains below and to Mt Meru in the distance. We have a tough descent back down to Barafu camp where we stop for breakfast before continuing on to Millennium Camp.

## DAY 9 MOSHI 5-6 HRS TREKKING

After breakfast we continue our descent to Mweka Gate. A short bus transfer takes us to our hotel in Moshi where we rest before celebrating our fantastic achievements!

## DAY 10 A FREE DAY IN MOSHI

Today is a free day before we board our overnight flight back to the UK in the evening.

## DAY 11 ARRIVE HOME IN UK



## FAQs - LEMOSHO 2012 & 2013

### WHEN CAN I GO IN 2012?

(Trips depart from London (LHR), unless otherwise stated).

12-22 Jan	12-22 Jul (LHR & Dublin)
09-19 Feb (LHR & Dublin)	20-30 Sept
22 Mar-01 Apr	11-21 Oct (LHR & Dublin)
14-24 Jun	

### WHEN CAN I GO IN 2013?

(Trips depart from London (LHR), unless otherwise stated).

17-27 Jan	11-21 Jul
14-24 Feb (LHR & DUBLIN)	19-29 Sep (LHR & DUBLIN)
14-24 Mar	17-27 Oct
13-23 Jun (LHR & DUBLIN)	

### HOW MUCH WILL IT COST ME IN 2012?

1. The initial registration fee is £399 which can be paid by cheque or bank transfer, and should accompany your registration form.
2. Choose from one of the following **three** payment options:

#### Option 1: Self Funding

Pay a further £1900 10 weeks before you go to cover all of your event costs (separate to the £399 already paid) – total cost is £2299. If you wish you can also fundraise for a charity of your choice and arrange this yourself.

#### Option 2: Minimum Sponsorship

Fundraise a minimum of £3800 for your chosen charity (separate to the £399 already paid).

#### Option 3: Mixed Funding

Pay a further £750 (separate to the £399 already paid) to cover some of your event costs, and then fundraise a minimum of £2550 for your chosen charity.

### HOW MUCH WILL IT COST ME IN 2013?

1. The initial registration fee is £449 which can be paid by cheque or bank transfer, and should accompany your registration form.
2. Choose from one of the following **three** payment options:

#### Option 1: Self Funding

Pay a further £1900 10 weeks before you go to cover all of your event costs (separate to the £449 already paid) – total cost is £2349. If you wish you can also fundraise for a charity of your choice and arrange this yourself.

#### Option 2: Minimum Sponsorship

Fundraise a minimum of £3800 for your chosen charity (separate to the £449 already paid).

#### Option 3: Mixed Funding

Pay a further £750 (separate to the £449 already paid) to cover some of your event costs, and then fundraise a minimum of £2800 for your chosen charity.

### WHAT IS MINIMUM SPONSORSHIP?

You choose a charity and we agree all the formalities with them. They will help with your fundraising plans. Your minimum sponsorship target covers:

- > balance of the event cost for your place
- > £1900 minimum donation to your charity

All fundraising must be sent directly to your charity - setting up a web donation page is the best way of doing this. They will require at least 80% of the minimum sponsorship 10 weeks prior to departure and the remaining 20% before you go.

### WHAT IS MIXED FUNDING?

You contribute a further £750 towards the cost of your place on the event (due 10 weeks prior to departure), and then also choose a charity to fundraise for. We agree the details with them, and they will help with your fundraising plans. Your minimum sponsorship target of £2550 (£2800 in 2013) covers:

- > Balance of the event cost for your place
- > £1400 (£1650 in 2013) minimum donation to your charity

Payment of sponsorship monies to your charity is as described within the 'Minimum Sponsorship' option opposite.

### WHAT IS INCLUDED IN THE COST?

International flights incl. all known airport and government taxes, plus \*fuel surcharge up to 5% of the overall event cost, transfers, accommodation, National Park fees, Action Challenge Leader, full medical support, experienced guides and porters for personal equipment and camping gear, all meals except in your free time at the end of the challenge. Nutritious meals will be provided for you in the hotels and at camp, with a hot cooked lunch on trekking days, and at least 3 litres of drinking water each day.

### WHAT IS NOT INCLUDED?

Visas and personal travel insurance (which should cover trekking up to 6000m, medical repatriation and curtailment). Drinks, personal items and tips for Tanzanian local support staff (guides and porters).

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### WHERE WILL I SLEEP?

Accommodation will be in good quality tents whilst you are trekking on the mountain, and in a 3 or 4 star hotel whilst you are in Moshi, on a twin share basis.

### CAN I STAY ON AFTER MY CHALLENGE?

Yes of course! We have a number of exciting extension options available, including 5 day safaris to watch the mass migration in the Serengeti National Park and 3 day safaris to the Ngorogoro Crater. Please call our office or refer to the website for full details.

## FITNESS AND WELLBEING

Climbing Mount Kilimanjaro is a challenge that you can't approach without prior physical training, but is also achievable for most people; it's a trek which involves no 'climbing'. We recommend that all of our participants are physically fit before attempting this challenge, because whilst on the mountain you will be walking at altitude for more than 6 hours most days, and the summit day itself is strenuous and should not be underestimated.

Everybody is different, so we cannot recommend a specific pre-challenge fitness programme, but we would be more than happy to speak to anybody about the fitness level that you should aim for in preparation for the trek.

We are also able to offer our participants expert advice from 'The Altitude Centre' in London, who can test your susceptibility to altitude, and give advice on how you can better prepare yourself for your challenge.

Having the right kit also plays an important role in successfully completing the challenge, and we will issue you with a full kit list after registration. You will need a good 4-5 season sleeping bag and a comfortable, well worn in, pair of walking boots.

## HOW DO I SIGN UP?

- Sign up online on our dedicated website [www.kilimanjarochallenge.com](http://www.kilimanjarochallenge.com) and pay the registration fee by card, or download a postal application form and send us a cheque (or carry out a bank transfer) for the registration fee, along with your completed form, to the address below.
- On receipt of your application and registration fee, we will then confirm your place on your preferred departure and send then you an Event Welcome Pack
- If you have specified a charity that you would like to fundraise for, on the 'Minimum Sponsorship' or 'Mixed Funding' payment options, we will then contact the charity and sort the details out with them, so that you can start your fundraising as soon as possible.
- We understand that fundraising for your trip can be a daunting prospect, but we have lots of ideas up our sleeves, and your chosen charity will be more than happy to provide you with the necessary fundraising help and advice.
- If you have any questions, or would just like to run through this challenge in a bit more detail, please do not hesitate to drop us an email or give us a call, and we'll be more than happy to help.

## ABOUT ACTION CHALLENGE

*Action Challenge specialises in the creation of challenging, travel-based activities the world over. We know that there's something strange that happens to people when they are out on the mountain pass or cycling through some totally foreign environment. We can see their faces loosen and their bodies lighten as they look around and put life into perspective. It's seeing that transformation that gets us out of bed in the morning and it's why our motto is.....*

***'Of all the paths you choose in life, make sure some of them are dirt'***

*Your Financial Protection - The air holiday package in this brochure are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 6296. Please see our booking conditions for more information.*

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[www.actionchallenge.com](http://www.actionchallenge.com)

